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HOW TO CLAIM YOUR SIDE HUSTLE
and other tax tips for these not-so-traditional times

metroLIFE

Darren Stefanyshyn of DSign Step shows off a pair of shoes, which take about a week to make. AARON CHATHA/METRO

SOLE SURVIVORS

Calgary pair keeps art of handmade footwear alive

metroNEWS

Clock ticking for daylight savings

SURVEY

New Democrat aims to make this change the very last time

Brodie Thomas
Metro | Calgary

It's official: the sun is setting on spring and fall time changes for Albertans.

The NDP surveyed nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year.

While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Albertans still want the later evenings that come with DST.

Edmonton-South West MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks.

He said the bill will call for staying on what we now call DST year-round.

"I would hope that this would be the last (time change), or there might be one more after that," said Dang. "There does need to be a bit of time to let everybody know that we won't be changing the clocks again. So I hope we'd be moving fairly quickly."

When asked if they would prefer more daylight in the mornings or the evenings, 62 per cent of Albertans said evenings were preferable, while only 30 per cent preferred mornings.

The move to stay on DST year-round could make for some very dark winter mornings. Sunrise time for Dec. 10 is already 8:30 a.m. in Calgary, and 8:40 a.m. in Edmonton after "falling back." Keeping the clocks forward would add an hour to each of those times.

More coverage, page 7

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Young entrepreneurs use social media to tackle an underserved hair demographic. **Canada**

Green costs could get passed on

CALGARY TRANSIT

RouteAhead highlights successes and challenges

Brodie Thomas
Metro | Calgary

Some green initiatives by the provincial and federal governments are costing Calgary Transit some green, and those costs could get passed on to the passengers.

Council's Transportation and Transit Committee is getting its annual RouteAhead update on the state of Calgary Transit, and the report notes how the provincial carbon tax, along with federal emission standards, are making it more costly to operate.

Transit expects to pay $1.5 million more in fuel this year, and $2.25 million more in 2018 under the provincial carbon levy.

The report says those costs equal 15,000 to 22,500 hours of transit service.

Administration also has its eye on federal engine emission regulations that come into effect this year. The report says the regulations will impact bus engine design, and could potentially increase maintenance costs.

Transportation and Transit Committee chair Coun. Shane Keating said he feels the province really needs to step up with funding from the carbon levy for public transit.

"If you're getting to 60 to 600 people on a single vehicle, that in itself is green," he said. "To then put a levy or surcharge on top of that kind of defeats the purpose."

The RouteAhead report goes so far as to state the obvious environmental benefits that come from a well-used transit system, noting that regardless of the fuel, transit gets multiple people out of single-occupancy vehicles.

Like just about every other part of the economy, Calgary Transit is feeling the pinch. Ridership declined 6.8 per cent from 2015 to 2016, with administration saying fewer workers were catching the train into the downtown.

The report also provides a window into transit's expansion plans.

Planning and pre-design work has now begun on a Blue Line extension from Saddletowne to 128 Avenue N, a Red Line extension from Somerset-Bridlewood to 210 Avenue S, and a rail connection from the airport to the Blue Line and future Green Line.

Planning work can sit on a shelf for years until funds become available, but Keating said now's the time to start making plans.

"I think the study is well needed and should be done – because obviously that's the direction we should be going," he said. "It's just another step down the line that gets us to more efficient transportation across the city."

Although satisfaction rates are up, fewer Calgarians have been using the bus and train service since oil prices began to drop in 2014. That reduced revenue is just one of the challenges highlighted in the city's annual RouteAhead update. JENNIFER FRIESEN/FOR METRO

> **If you're getting to 60 to 600 people on a single vehicle, that in itself is green.** Coun. Shane Keating

81%

Transit users who say they're satisfied or very satisfied in 2016

7.47M

Fewer trips taken in 2016 over 2015 due to economic downturn

35%

Decline in Park and Ride reservations between 2014 and 2016

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iMirror your new shopping assistant

The mirror is set up similar to a phone, and is designed to give recommendations on colours, matching tops or bottoms, or different ways to buy. AARON CHATHA/METRO

FASHION

Interactive mirrors give customers styling ideas

Aaron Chatha
Metro | Calgary

You've never looked at yourself like this before.

Calgary company iMirror is spreading out to retail dressing rooms all over the world, including a partnership with Tommy Hilfiger.

It's an interactive mirror that scans what you bring into the dressing room with you to make your shopping experience better. For example, with a few touches, you can easily send a notification to a sales associate to bring you a different colour or size.

Working the mirror is similar to working a phone; just touch the different options with your fingers.

"If I find something I like, I'm the type of person who will buy four different colours, because it fits and I know it looks good. But, if the other colours aren't in stock, I don't buy them," said CEO Pieter Boekhoff. "With the iMirror, you add that to your shopping cart, and then they get shipped to your house."

Boekhoff said the mirror is designed to create a personalized experience, because often there aren't enough sales associates to help everyone in each fitting room.

So, the iMirror offers recommendations, like what shirts would look good with the pants you're currently trying on, and it even shows you pictures of celebs who have worn the same outfits.

Some of the newer mirrors let users change the lighting in the dressing room — so they can see how great that top looks at a nightclub, or during an afternoon stroll.

Despite the growing presence of online shopping, Boekhoff said the vast majority of clothing purchases are made in brick-and-mortar stores.

"We make it fun to be in a fitting room," he said. "Because, normally it's hidden at the back of the store, kind of dumpy and there are stock boxes around."

Unfortunately for Calgarians hoping to see the technology for themselves, it will require a bit of travel. Although the company is local, the mirrors (so far) have only been installed abroad. Tommy Hilfiger, the company's biggest client, has mirrors up in Amsterdam and London, and other companies are testing them out in cities like Seoul, New York and Vancouver.

Boekhoff hopes to eventually expand the uses of the technology, like in hotels as a concierge service.

> **We make it fun to be in a fitting room.**
> Pieter Boekhoff

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STUDY

Corridors designed to protect wildlife overused by humans

Elizabeth Cameron
For Metro | Calgary

An ongoing study has revealed wildlife corridors in the Canmore area are not being utilized by their intended customers.

"We've set aside these wildlife corridors for wildlife, but by far the biggest users of them are humans," said Alberta Parks ecologist John Paczkowski.

Cameras have already captured 1.5 million images of corridor activity, three-quarters of the way into the two-year study, and approximately 180,000 'events' — people or animals passing through the protected areas — have been documented so far.

Paczkowski said 94 per cent of those events were humans — a concerning statistic, given that the corridors were built for wildlife to pass through their natural habitat without human interference.

"In some cases, where human use is so high, we're not seeing wildlife at all, or very low levels," Paczkowski said.

"We need to do a better job educating people who are out there recreating, maybe by adding some signage," he said.

It was shocking to see how many people trekking through the corridors brought their dogs with them, the ecologist added.

"It's a lot — more than half of the people out there have dogs with them, and 61 per cent of those dogs are off-leash," Paczkowski said.

180K

About 180,000 'events' have been recorded within wildlife corridors — areas designed to allow wildlife to pass through their natural habitats without human interference.

INVESTIGATION

Police searching for suspect following nightclub stabbing

A man is in serious condition after he was stabbed at a nightclub in the city's beltline.

At approximately 3:30 a.m., the Calgary Police Service (CPS) was called to the 700 block of 10 Avenue southwest.

Upon arrival, officers found a male who had been stabbed in the abdomen, according to Sgt. Duane Lepchuck with CPS.

The victim was transported by EMS in serious condition to hospital, where he remains.

By the time CPS arrived, the suspect had fled the scene, according to Lepchuck, and officers are currently looking for video footage of the incident.

The events leading up to the stabbing are unknown, but CPS continues to investigate.

METRO

Rick Lundy is the president of a new organization that aims to take mental health care outside hospital emergency rooms and back into the community. CONTRIBUTED

Stopping the 'vicious cycle'

MENTAL HEALTH

Organization looks to be 'proactive' on patient care

Elizabeth Cameron
For Metro | Calgary

A self-described 'proactive' mental health organization in Calgary wants to approach an old problem with new solutions.

The Minds Over Matter Mental Health Society aims to keep people out of hospitals by providing them with care long before their mental illness becomes a crisis.

"I see the same pattern over and over – mental health patients just keep falling through the cracks in this province because the resources are just not there," said Rick Lundy, president of Minds Over Matter.

According to Lundy, people are only seeking help when they have no other option but acute care because resources outside hospitals are insufficient.

"It's become a revolving door – they think they're going to get the help, perhaps they get on some medications – but a couple weeks later they're right back in the emergency room," the longtime patient advocate said.

The newly-minted organization will collaborate with mental health services that already exist in order to provide a comprehensive range of services to patients for no charge.

"We want to bring the mental health community together and share resources to make each other stronger," Lundy said.

Minds Over Matter's focus is on those with particularly poor access to mental health resources, such as seniors, cultural groups, and children.

"It's a vicious cycle, we're spending all our resources treating people after they break down," said Dr. David Swann, an advocate for mental health who is collaborating with Minds Over Matter.

He said when children with mental health problems grow up, they often need treatment that costs a lot more than it would have when they were younger.

"It's all about reducing suffering and reducing cost," Dr. Swann said.

Eventually, Minds Over Matter hopes to establish a centre that patients can visit for referrals, counselling, support groups, and more.

"We have to do something different and innovative. If we're not putting that focus on prevention, the number of mental health patients is only going to increase, and it's already at epidemic levels," said Lundy.

MUSIC

Local shops stay positive about arrival of Sunrise

Aaron Chatha
Metro | Calgary

Sunrise Records has revealed which HMV stores it'll be taking over, and of the 29 announced locations, two are in Calgary.

As early as April, the Sunridge Mall and Marlborough Mall HMV stores will become Sunrise Records.

HMV announced a nationwide closure of all their stores earlier this year, and Sunrise Records was quick to snag up the retail space, in a substantial expansion from their current eight stores in Ontario.

"We are thrilled to be opening in Calgary," said Sunrise president Doug Putman. "Calgary has long been a great market for physical music and entertainment product."

Sunrise plans to expand not only CD selection, but they plan to carry 2,000 titles of vinyl in stock at all their locations, given the surging popularity of the classic medium.

However, even with the beefy new competitor on the scene, local record store owners aren't concerned that it will cut into their business.

In fact, Al Cohen, owner of Recordland, hopes that it will be a boon to his business.

Recordland specializes in used records — so newly sold records could mean more inventory for him down the line.

They have around 1.7 million records in their building already.

"For us, vinyl has always been number one. We've been open for almost 40 years now," said Cohen.

"Vinyl has always been really good for us."

Sunrise Records plans to announce more locations nation-wide on March 20.

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Terri Garland designed the shoes with a vintage look. There are a few styles to choose from, and each one is made individually by hand. AARON CHATHA/METRO

Shoe designers add a personal touch

FASHION

Calgary pair craft their footwear with a little finesse

Aaron Chatha
Metro | Calgary

Two Calgary shoe designers are taking a step back in footwear foundations.

Darren Stefanyshyn and Terri Garland are the souls behind DSign Step, which exclusively offers handmade shoes.

No assembly lines here — each shoe is meticulously put together, and takes about a week to create.

"When you put your hands on a shoe, you can actually mould it around the last to make sure the fit is perfect," explained Stefanyshyn. "When you're doing things on a mass production scale, basically the machines just don't have the finesse that a pair of hands does."

A last is like a model of the shoe's shape, and all the fabrics and materials are sewn together to fit the last as tight as possible. It gives shape and structure to the shoe, in a process Stefanyshyn said is more art than science. The mould is completed when the base is glued on, and finished off with the heel or other flourishes. In-between, there are periods where the shoe needs to sit for the glue to dry.

Stefanyshyn has always had a passion for shoes. He's currently a biomechanics professor at the University of Calgary, specifically in footwear, but he's also worked for companies like Nike, Reebok and Fila.

He wanted to take that knowledge of athletic footwear, and apply it to more fashion-focused footwear.

The design side of the process is handled by his partner Garland — who favours a more vintage flair.

"It's timeless, classic — it never goes out of style," she said. "I'm very practical, so when I look for something, I want it to last for a long time. The handmade shoe, in a vintage style, just fits."

The pair does use modern techniques, meaning they can produce old style shoes, but with printed leathers or laser-etched designs that would have been impossible decades ago.

DSign Step is often kicking it at their pop up events, but you can still get tied up at their website www.dsignstep.com.

IN BRIEF

Man dies in ski accident at Lake Louise

A 34-year-old man died in a ski accident at Lake Louise Ski Resort on Sunday afternoon. Lake Louise RCMP say they were called to the scene around 4 p.m. STARS air ambulance was initially dispatched to the scene but did not land after the man was pronounced dead at the scene. No further details are available at this time. METRO

EMERGENCY SERVICES

Five evacuated from southeast basement fire

A family of five was safely evacuated after a basement fire started in Calgary's southeast.

On March 11, just before 11:30 p.m., the Calgary Fire Department (CFD) responded to reports of a structure fire in the 1300 block of 52 Street SE.

Crew encountered a significant amount of flames from the first floor of a two-story condo, according to a news release from the CFD.

Crew made their way through the main floor into the basement, where they believe the fire originated.

A family of five had self-evacuated before the CFD arrived and were assessed as a precaution by Alberta Health Services.

Fire investigators remained on the scene to investigate the origin of the fire.

No injuries were reported.

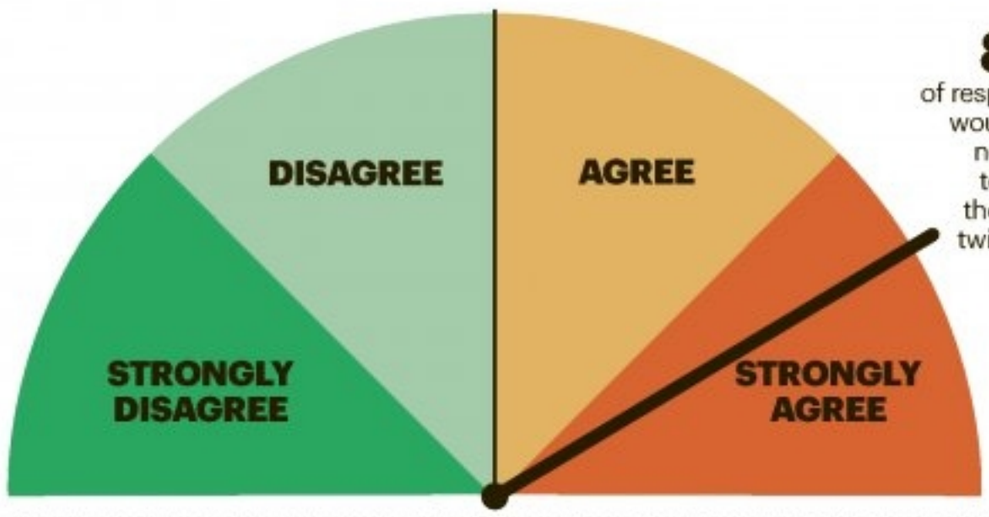
METRO STAFF

Alberta's Daytime savings DISLIKE-O-METER

Edmonton-South West MLA Thomas Dang admits his plan to have Albertans move to Daylight Saving Time (DST) year-round could have some energy implication. "Albertans could end up using one per cent more power because of daylight savings," said Dang, who added that the province's climate leadership plan will more than make up for that. He said switching to LED light bulbs alone would make up for the difference. The arguments for and against DST have always hinged on economics. Dang expects there may be a slight uptick in discretionary spending in the evenings. As for industry concerns about the time change or lack thereof, Dang said there's very few industries that have to do to adapt. He said even the airline industry won't have too much trouble. "The planes land safely in Saskatchewan and they'll continue to land safely in Alberta," he said.

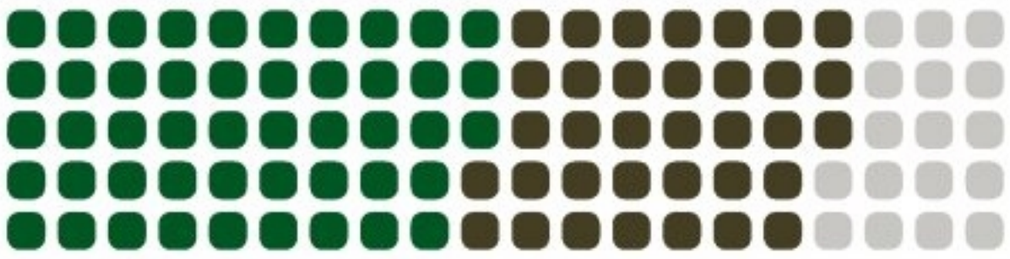
BRODIE THOMAS METRO

1 Whatever part of the day gets more daylight; I would prefer not changing my clocks twice a year



82% of respondents would prefer not having to change their clocks twice a year

2 In the summer; it is important to me that it is light outside after 9:00 p.m.

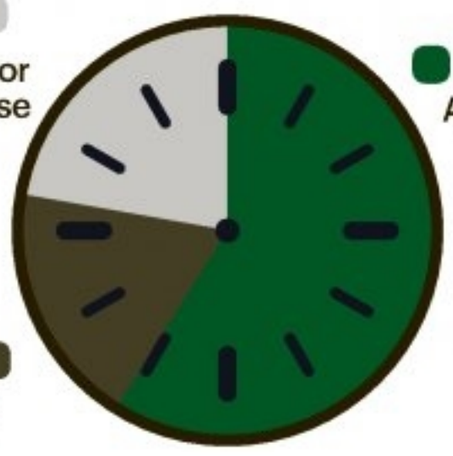


48% Agree

35% Disagree

17% Unsure, or no response

3 In the winter, I prefer to have daylight in the late afternoon.



22% Unsure, or no response

59% Agree

19% Disagree

13%
Albertans who said they wanted to continue with time changes.

48%
Albertans who said it was important to have light after 9 p.m. in summer.

32%
Albertans who said they would prefer more daylight on winter mornings.

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5 THINGS TO CHECK OUT AROUND THE CITY THIS WEEK

There's plenty to keep you interested, active and entertained

ELIZABETH CAMERON FOR METRO

1 Celebrate Pi(e) Day

It's the one day a year everybody loves math — and the perfect excuse to bring pie to work in the middle of the week Pi is the ratio of a circle's circumference to its diameter. Grow your own circumference at Crave as you learn to make mini pies filled with raspberry sour cream or maple pecan filling. One ticket will get you six pies, which equals one belly full of pi goodness. (P.S. – Crave locations will be selling $5 pies on March 13 and 14, and $1 from each pie will be donated to Beakerhead initiatives. **March 14, 6 – 9 p.m.**

THE CANADIAN PRESS

2 Hamptons Golf Course Update

ELIZABETH CAMERON/FOR METRO

Ready to find out what the city is up to regarding the Hamptons Golf Course redevelopment? The City of Calgary is recommending the approval of the developer's proposed plan to build homes on sections of the golf course. The public is invited to an information session at Foothills Alliance Church (333 Edgepark Blvd. NW) about the controversial plan on Wednesday. The final recommendation will be presented to council on April 10. **March 15, 4 – 8 p.m.**

AARON CHATHA/METRO

3 Puppet Play

The 8th Festival of Animated Objects kicks off Thursday, or — as some would say — the puppetry festival is back. You don't have to stay in your seat to catch the action, as there will be 'roving suitcase puppet shows' throughout multiple venues during the puppet-packed weekend. Learn more at www.puppetfestival.ca. **March 16-19**

4 Provincial Budget

The NDP government's fiscal plans for 2017-18 will soon be revealed. Finance Minister Joe Ceci will release the provincial budget on Thursday. The current financial tides are mixed at best: Alberta is looking at a projected deficit of $10.8 billion as the fiscal year comes to a close at the end of March. On the flip side, Alberta's gross domestic product (GDP) is expected to grow 2.4 per cent this year. Stay tuned to metronews.ca for updates. **March 16, 7 – 9 p.m.**

THE CANADIAN PRESS

ELIZABETH CAMERON/FOR METRO

5 St. Patrick's Day

You know what to do. Put on those green socks you hold onto all year and get yourself a beer that should never have been that colour, because the Irish holiday is back and it's looking for (hangover) revenge. It's also the only day of the year you can claim a culture that isn't your own: Everybody's Irish on St. Patrick's Day. **March 17 — All Day.**

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ASYLUM SEEKERS

Agreement 'puts Canada as a state in jeopardy'

Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada's continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration's immigration policies.

"This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately," said Kim Veller, a student at York's Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized in the wake of White House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

Trump's ban has forced hundreds of refugee claimants to use unauthorized border crossing techniques to sneak into Canada. It's an unsafe and dangerous route that has left some of them with frostbites, but remains the only way to avoid being subjected to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back on Canadian borders could face detention, deportation or lack of access to legal representation in the United States. By continuing to be part of the agreement, Canada "is breaching" both its own Charter of Rights and the International Refugee Convention, the report says.

"I don't think we have a government that even cares about refugees," said Veller, noting scrapping the agreement would be the easiest way to show the support.

POLITICS

Trudeau taken on in tame NDP debate

Debate is a word that implies conflict. With cordiality and agreement cranked to the max, it's safe to say the first debate in the NDP's race for a new leader was more of a discussion.

Rather than sniping at each other (or even interrupting), the main target of the event was Prime Minister Justin Trudeau, a man each candidate — MPs Charlie Angus, Niki Ashton, Guy Caron and Peter Julian — accused of campaigning as a progressive politician and then governing from the right.

Caron summed this up with one of the biggest laugh-lines of the event. By the next election in 2019, he said Trudeau will be quoting "another Canadian Justin" — Justin Bieber — by asking voters, "Is it too late now to say sorry?"

Julian, a British Columbia MP first elected in 2004, said the NDP has the "guts and courage" that the Liberals lack, and that the party needs to show they will deliver big ideas like his proposals to eliminate post-secondary tuition and build 250,000 affordable housing units. TORSTAR NEWS SERVICE

Zaynab Logun, an Athabasca University student, has her own steady stream of customers coming in and out of the salon in her home looking for braids. KEVIN TUONG/METRO

Braiding business booms

BEAUTY

Black hair an underserved demographic

Pushpa Balgobin
For Metro | Edmonton

As a child growing up in Nigeria, Zaynab Logun lived next door to a salon and would watch the customers going in and out all day.

"I was always seeing people come out of the salon with a different style. It always looked so nice," she said.

It sparked an interest in braiding that was encouraged by her grandmother, who taught her the art of neat, tight braids.

Logun is still passionate about great hair — now a student at Athabasca University, she's one of a growing number of people harnessing social media to build the braiding business in Edmonton.

When Logun arrived in Edmonton in 2013, she soon found that black hair was an underserved beauty demographic. Those who needed their hair done often had to ask friends or family, or track down stylists through word of mouth, she said.

She started by doing a few of her friends hair, but word spread, and soon she was fielding calls from women eager for cornrows, weaves and other types of braids.

"We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more," she said.

So Logun took a different approach — she put an ad on Kijiji and started posting on Instagram.

> We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more.
> Zaynab Logun

"I'm trying to reach people outside of Edmonton, like Leduc and St. Albert," she said. "I put up pictures, they know they are coming to my home so they will feel more comfortable it's more welcoming," Logun said.

She's not alone — Kijiji now has over a dozen young entrepreneurs using the service to connect with new customers.

Kate Cunningham spent years trying to find stylists by asking other women who'd done their hair, but recently found someone for her and her daughter through Kijiji.

"It's more convenient and you're able to find women who can offer services at a better rate. You feel like you are getting your money's worth," she said.

The strategy has paid off for Logun, who now has her own steady stream of customers coming in and out of the salon in her home. She said her side business now pays for her to continue her studies full time.

"Doing what I have passion for is everything to me," Logun said. "For me you can wake me up at 3 a.m. to do hair and I am getting up."

150 WAYS of looking at Canada

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SPENDING

Budget will push GOP views

President Donald Trump sends Congress a proposed budget this week that will sharply test Republicans' ability to keep long-standing promises to bolster the military, making politically painful cuts to a lengthy list of popular domestic programs.

The Republican president will ask his adopted political party, which runs Capitol Hill, to cut domestic agencies such as the Environmental Protection Agency and the departments of Education and Housing and Urban Development, along with grants to state and local governments and community development projects. The spending plan, set for release Thursday, would make the Pentagon the big winner with a $54 billion boost to defence spending.

Trump has promised to "do a lot more with less," but his blueprint faces a reality test with Republicans, many of whom are already protesting.

Republicans have groused about some of the preliminary plans, including elimination of the $3 billion community development block grant program that's popular among local GOP officials, a 25 per cent cut to the EPA and elimination of 3,000 jobs, and essentially scuttling a $300 million per-year program to clean up the Great Lakes.

Sen. Rob Portman of Ohio is joining with Democrats to push back on that last proposed reduction. Cuts to the Coast Guard are meeting Republican resistance. Trump's plan to eliminate community development block grants was dismissed on Capitol Hill.

Democrats are unlikely to support the cuts, and Republican defections raise the possibility of a congressional train wreck and a potential government shutdown when the 2018 budget year begins Oct. 1. THE ASSOCIATED PRESS

Fearful immigrants plan ahead for worst nightmares

EDUCATION

Sessions called 'know your rights' put on across U.S.

Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.

The idea, organizers said, is to give immigrants guidance on how to legitimately push back against attempts to detain them, mostly using tactics designed to keep agents from learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an outreach co-ordinator at the pro-immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and what to do if they come knocking.

Even people in the country illegally have constitutional rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents without speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

A lady sitting at the back had a question. If immigration officials knocked on her door, what if she opened it a crack but kept the chain on?

No, Mendez said. Not even a crack. That's guidance that closely mirrors something criminal defence attorneys have long been telling clients. Letting a law enforcement agent peek inside could give them the probable cause they need to enter without a warrant.

Other advice dispensed during the session: Make sure any warrants presented have the right name and addresses and are signed by a judge. Do not volunteer information. Do not show the agents any fake documents, since doing so is a crime that could land them in much deeper trouble.

Plan ahead for the worst. For example, she said, parents in danger of being detained should have paperwork in place to have someone look after their children, instead of scrambling to find someone in an emergency.

Most of the people in the audience were immigrants in the country illegally.

But they were also people like Pascalina Chirinos, 63, a legal permanent resident from Venezuela who has been in the U.S. for about five years.

She said she attended so she could share the information with friends and neighbours, but also to know her own rights if she were ever caught up even in passing in immigration enforcement efforts.

"In reality, all of us are afraid," Chirinos said in Spanish, through an interpreter.

THE ASSOCIATED PRESS

Yaritza Mendez leads a know-your-rights trainings at Make The Road, an immigrant advocacy organization, March 7, 2017, in New York. The sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. THE ASSOCIATED PRESS

COLORADO
A MOOSE ON THE LOOSE

Cheri Luther was snowboarding Friday when she saw a moose approaching, shooting video as it came within feet of her. Resort officials say no one was hurt, and the encounter is a good reminder that skiers and snowboarders share the mountain with wildlife. COURTESY CHERI LUTHER

GUATEMALA

Death toll in children's shelter fire rises

The death toll in a fire at a Guatemalan children's shelter rose to 40 on Sunday. The death was announced by the Roosevelt Hospital in Guatemala's capital. Nineteen of the adolescents perished at the scene of Wednesday's inferno and 21 have died in hospitals. The fire began when mattresses were set ablaze during a protest by residents at the overcrowded shelter.

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CORRUPTION ALLEGATIONS

South Korea president defiant

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it will take time, I believe the truth will certainly come out."

Park will likely face a direct investigation soon by prosecutors who already consider her a criminal suspect over suspicions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere with state affairs.

Upon her return home, Park was greeted by hundreds of supporters who thunderously chanted her name and waved the South Korean flag as her car slowly rolled onto a path near the house. She then stepped out and shook hands and exchanged brief words with members of her political party before going inside the house.

THE ASSOCIATED PRESS

Ousted South Korean President Park Geun-hye smiles as she is greeted by supporters. THE ASSOCIATED PRESS

Groups vie for slice of feds $800M pie

INNOVATION FUNDING

Cash meant to help young, high-potential firms flourish

An $800-million commitment central to the Trudeau government's economic growth strategy is expected to be divvied up within the next few months among groups and companies that can persuade Ottawa they're best positioned to help young, high-potential firms flourish.

The government earmarked the cash in last year's budget to support "innovation networks and clusters" as part of federal plans to help budding companies scale up significantly.

The first withdrawal from the four-year program is scheduled to happen in 2017-18.

Groups like the Council of Canadian Innovators, which has been actively engaged with the feds, expects the government to settle in April or May on how it would like to proceed with the $800-million plan.

Council executive director Ben Bergen, who represents tech-sector CEOs, said one challenge is that there are many ways to define a "cluster." It can range from a university with connected companies to a string of tech firms in a given region, he said.

Bergen said his council would like to see the $800-million investment used to support clusters centred around high-growth Canadian companies, rather than ones that revolve around universities and incubators.

"By really focusing it on the firm rather than on...institutions or on incubators you actually give them the jet fuel that they need to go and compete globally," Bergen said.

"That's how you turn the $800 million into $8 billion."

The chair of one organization hoping to attract some of that funding said his partners have also been pitching a business-led approach to Ottawa.

Ray Bouchard said the Manitoba-based Enterprise Machine Intelligence and Learning Initiative aims to help firms quickly commercialize in the fields of deep learning and artificial intelligence. In particular, it would focus on the technologies' applications in the agriculture sector.

The group has had several meetings in recent months with senior government officials, including Economic Development Minister Navdeep Bains, according to lobbying records.

THE CANADIAN PRESS

Groups lobbying senior government officials, including **Navdeep Bains, minister of innovation, science and economic development,** as Liberals near decision on how to spend $800M earmarked for innovation. THE CANADIAN PRESS

> **That's how you turn the $800 million into $8 billion.**
> Ben Bergen

HACKING THREAT

Tax service taken offline

Canadians planning to file their taxes online could face difficulties as the threat of hacking prompted the Canada Revenue Agency to take down the service indefinitely.

A notice was posted on the agency's website that says it detected "an internet vulnerability" and took down many of its services, including electronic tax filing.

The services include ones such as My Account, My Business Account, Netfile, EFILE and Auto-Fill My Return.

The notice says people can still complete their forms, but will have to wait to file.

A spokesman for the Canada Revenue Agency says the tax filing services were taken offline Friday as a precaution to project Canadians' tax information.

Patrick Samson says the CRA isn't aware of any personal information being affected, but says the agency will monitor the situation. "Digital services were taken offline as a precaution, not as the result of a successful hack or breach," Samson says in an email.

Digital services will remain offline until officials are satisfied there is no longer a security risk, he says.

The CRA website itself remains online as Samson says it was determined it wasn't a risk.

THE CANADIAN PRESS

DILUTED HONEY

Beekeepers blame imports

Beekeepers say the falling value of Canadian honey — which dropped nearly $53 million last year — is being exacerbated by the flow of cheap, imported products diluted with sweeteners. Purchased at cut-rate prices, they are used in food products to save producers from paying more for made-in-Canada honey.

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Your essential daily news
Monday, March 13, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How can I get people to slow down their carts at the grocery store?

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,

If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular pratfall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

There, fill up your wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Other than amuse oneself with revenge fantasies, there's not much to be done.

Need advice?
Email Ellen:
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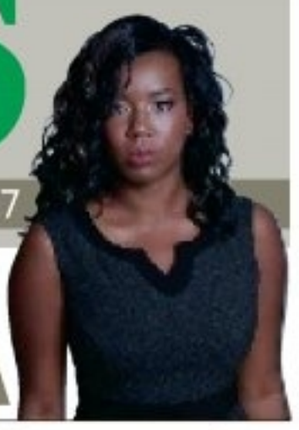

VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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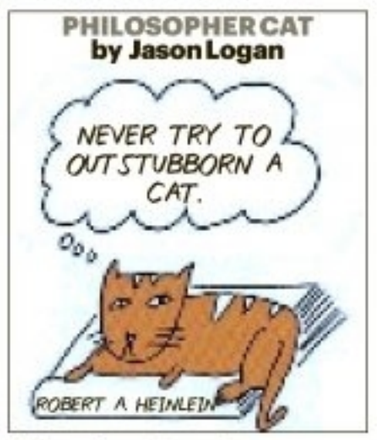

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metro LIFE

Your essential daily news

Elite runners peak at age 35, but the rest of us may not peak until we're 50, research shows

FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**

Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online) Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.

Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.

Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch" she said. Equipment, software — even desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses, transit passes and anything you gave to charity.

Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay $1,000 in rent but your roommate pays $500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

HAVE YOU BEEN DIAGNOSED WITH SCHIZOPHRENIA?

People with schizophrenia or schizoaffective disorder wanted for University of Calgary research study. **Participants will receive $60 and free access to an online brain training program.**

UNIVERSITY OF CALGARY

403-220-4340 email us at schizophreniastudy@ucalgary.ca

Any information collected is confidential. This study has been approved by the University of Calgary Ethics Board (REB15-0526).

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Solving the riddle of life insurance

ADVICE

To have it when you'll need it, you must buy it when you don't

Gail Vaz-Oxlade
For Metro Canada

Nobody likes to talk about life insurance except life insurance salespeople. Most people feel that the whole thing is yucky: it's expensive, confusing, and mostly about sickness and death.

But the single best way to ensure you can get insurance when you need it is to buy it when you don't. And the earlier you buy your insurance the cheaper it will be.

If you work for a company that offers life insurance as part of your benefits package, don't get complacent. If you change jobs down the road and have become uninsurable in the interim you won't qualify for new insurance. Make sure you have a basic private policy to cover your butt.

Here are some things to avoid:

1) Don't think of insurance as an investment. It's risk mitigation and it's a necessary part of a sound financial plan. Some types of insurance do build up money over time — products like whole or universal life insurance — that's not the first reason for buying insurance. Insurance is about taking care of the "what ifs." So the amount it will pay out to help your family cope should be your primary consideration.

2) Don't let premiums make the decision for you. If you start from the premise that you can only afford to pay $X, and let that decide how much insurance you buy, then you're going about it all wrong. First figure out how much insurance you need and then choose the type of insurance that will give you the level of coverage you're looking for.

3) Don't buy term because you think it's the only game in town. The "term vs. permanent insurance" debate has ranged since Moses was a lad. Term insurance, for which you pay only for the death benefit, may be the best fit for some people, particularly those who are older or who need a whopping amount of coverage. Permanent insurance may be a better choice for people who plan to keep their coverage for the long haul.

4) Don't just forgetaboutit. At least every year or two, re-examine your policies to be sure they are still doing the job. If you got married, divorced, had a baby, or had a big jump in income (and expenses), the amount of coverage may no longer be adequate. Or you might need to add a second, different type of policy, to meet new needs. You don't have to buy from the same insurance company. Shop around.

5) Don't forget to change beneficiaries. If you get a divorce, remarry, have a new baby, or if your partner dies, you need to review your insurance to make sure you're not leaving a stash of cash to nobody — or worse, someone you hate!

6) Don't needlessly replace a policy. Be careful about dropping a policy just to get a "better-performing" policy or for a cheaper premium. The flip side of this is people who automatically renew their term coverage, even when the reason for having insurance has grown up and left home.

7) Don't name your estate as beneficiary. Insurance benefits are free of income tax when left directly to beneficiaries, but face probate if the benefits become part of an estate.

For more money advice, visit Gail's website at gailvazoxlade.com

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The best bar? None. I ditched soap seven years ago and you could too

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Confusion. Abject horror. Disgust.

Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?"

"No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy, pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some.

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a book on the topic. "Even if you've been at the gym, you don't necessarily need soap … water is more than enough to clean off."

Jackie Hong stopped using soap as an impressionable Grade 11 teenager. TORSTAR NEWS SERVICE

In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a catch-all for almost any personal cleaning product that makes bubbles, but true soap is made by combining animal fat with lye, a strong cleaning chemical.

Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease, including the oils and fats found naturally in skin.

Skotnicki calls the association between soap, cleanliness and health a psychological hangover from the days before indoor plumbing, when diseases were rampant and bathing was a luxury reserved for the wealthy.

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy," she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines, most dangerous pathogenic microorganisms have been eradicated.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to prevent the spread of things like colds and flu.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should frolic in raw sewage … but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

Your skin hosts a mini ecosystem of bacteria, viruses and fungi — known as a microbiome — that impact everything from how fast wounds heal, to how skin ages, to how you smell, said Gilbert. "The idea that you can sterilize your skin and remove all those bacteria — it's just not true. It just doesn't work that way," he said.

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

STEP INTO SPRING

Recruitment ends April 21, 2017

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Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

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-A pedometer ($25 value)
-$10 gift card
-Prize draw entry for $1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

CANADIAN SCREEN AWARDS

Orphan is the new Black

Montreal director Xavier Dolan's It's Only the End of the World and Space's human cloning series Orphan Black emerged Sunday as this year's big Canadian Screen Awards winners.

Including awards handed out earlier in the week, Orphan Black nabbed nine trophies. It won best dramatic series and best lead actress in a dramatic role for star Tatiana Maslany, who plays multiple clones in the sci-fi show, all with different personalities and accents.

"It's been such an amazing journey, this show, for me. I've really grown up on it. It's been a huge responsibility and a huge privilege and I've made a family on it that I'm going to miss so much," she said backstage, referring to the show's final upcoming season.

"We're saying bye to characters every day and that's just devastating."

Maslany won another trophy for another project on Sunday — best actress for the film The Other Half. That honour had her teary eyed as she thanked her "other half," her boyfriend Tom Cullen, who's also the film's co-star/executive producer.

Dolan's French-language drama won six trophies, including best picture, best director, best adapted screenplay and best cinematography. Organizers said Dolan was shooting in Paris and was unable to attend.

Actress Tatiana Maslany, centre, and the cast and crew of Orphan Black accept the award for Best Dramatic Series at the 2017 Canadian Screen Awards. PETER POWER/THE CANADIAN PRESS

The film, about a dying writer who returns home to his estranged family, got a mixed reaction from critics when it screened at last May's Cannes Film Festival. But it ended up winning the festival's Grand Prix prize — the second-most prestigious award.

And last month, the film won three Cesar Awards — which are often nicknamed the "French Oscars" — including a best director nod for Dolan.

Toronto-born America's Got Talent judge Howie Mandel got playful with the crowd as he hosted the show from Toronto's Sony Centre for the Performing Arts.

"I know other hosts have been talking about naming it, I want to name it. What is it for?" Mandel said, adding the awards honour the best in Canadian film, television and digital work."So what is it? Screen, television, digital. This will go viral — it's an STD.

"How many of you are going to go home tonight with an STD?"

THE CANADIAN PRESS

metro SPORTS

Norway's Marit Bjoergen coasted to victory by over two minutes in a 30-kilometre race in the women's cross-country ski World Cup in Oslo

Gushue pulls off his first Brier victory

CURLING

Newfoundland skip wins national title in his hometown

Brad Gushue of Newfoundland and Labrador defeated Canada's Kevin Koe 7-6 on Sunday night to win the Tim Hortons Brier for the first time.

After a back-and-forth affair, Gushue had hammer in the 10th end and used it to his advantage. He hit a draw for the single point to send the raucous capacity crowd in St. John's, N.L., into a tizzy.

Gushue threw his broom in the air in celebration when his stone moved into the eight-foot ring and just past the Canada rock for the victory.

"I knew we had it," Gushue said. "I was somewhat celebrating from the hogline in because I felt it was going to be a little closer to the button. But anyway it turned out, it doesn't matter.

"Ten years from now you're never going to know what shot you had to win. It's just the matter that you won."

This was Gushue's 14th career appearance at the Brier. The 2006 Olympic champion lost in last year's final to Koe and fell to Ontario's Glenn Howard in the 2007 final.

Newfoundland and Labrador skip Brad Gushue holds the Brier Tankard after defeating Team Canada in the championship match on Sunday night. ANDREW VAUGHAN/THE CANADIAN PRESS

Koe was looking for his fourth career Brier crown. He also won in 2010 and 2014.

"I'm proud of the guys, we fought back and made a game of it," he said. "It probably makes it a little more disappointing."

The St. John's side battled some injuries throughout the competition. Gushue has been somewhat limited all season due to a hip/groin issue and lead Geoff Walker is nursing a shoulder injury.

1976

Gushue is the first Newfoundlander to hoist the Brier Tankard since Jack MacDuff in 1976.

Newfoundland and Labrador vice-skip Mark Nichols frequently helped Walker and second Brett Gallant with sweeping duties.

Earlier in the day, Manitoba's Mike McEwen defeated Northern Ontario's Brad Jacobs 7-5 in an extra end to win bronze.

Gushue will represent Canada at the world men's curling championship in Edmonton April 1-9. THE CANADIAN PRESS

WORLD BASEBALL CLASSIC CANADA CRUSHED BY U.S. Nolan Arenado of the United States had a three-run home run against Canada on Sunday night in Miami. Buster Posey also went yard for the Americans, who won 8-0 to advance from the pool stage with a 2-1 record. Canada finished 0-3 and was eliminated. MIKE EHRMANN/GETTY IMAGES

NHL

Crawford tames Wild with 42 saves

The Chicago Blackhawks handed over a fast start to Corey Crawford, and the all-star goaltender carried them home.

Crawford made a season-high 42 saves, and the Blackhawks beat the Minnesota Wild 4-2 on Sunday to pull within a point of the Central Division leaders.

Patrick Kane and Artemi Panarin scored on Chicago's first two shots, helping the Blackhawks (43-20-5) rebound from two straight losses. Trevor van Riemsdyk scored in the second period, and Marian Hossa added his 22nd in the third.

"If you ask anyone in this room, we probably feel we can play a lot better," said Kane, who reached 30 goals for the second straight season and third time in his career. "Give the credit to (Crawford) tonight. He played an unbelievable game."

SUNDAY In Chicago

HAWKS	WILD
4	2

Eric Staal scored his 22nd goal and Mikael Granlund got his 23rd for Minnesota, which has dropped three of four. Minnesota outshot Chicago 44-22 for a season high allowed by the Blackhawks.

THE ASSOCIATED PRESS

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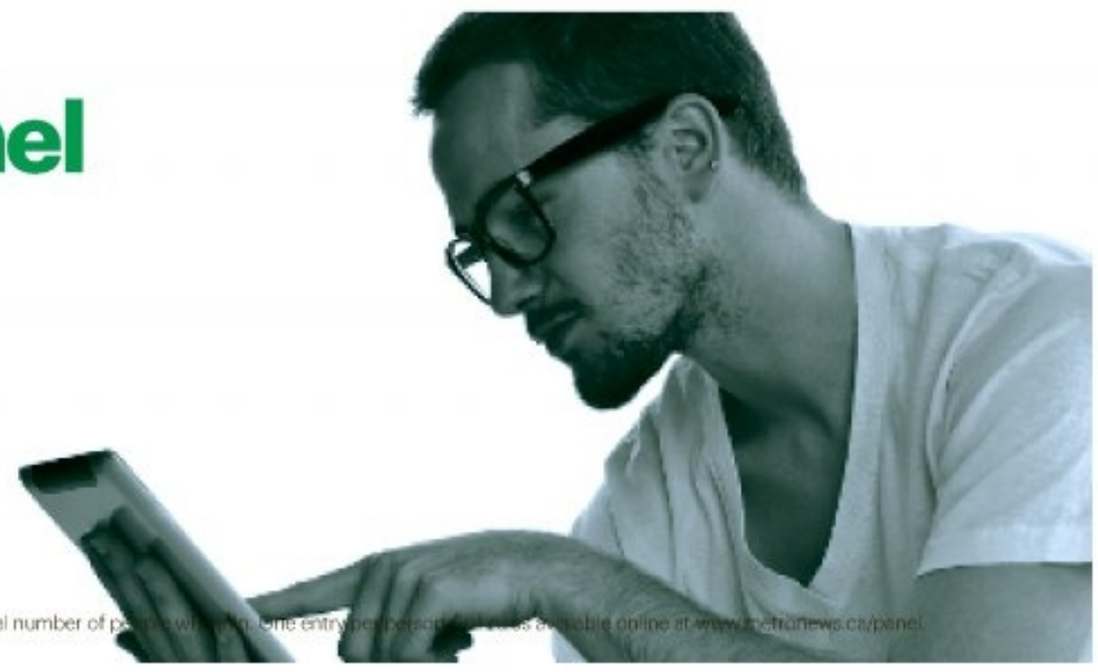


*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p[illegible] entry per person [illegible] available online at www.metronews.ca/panel

Ryan Ejim of Carleton scores on Ryerson's Juwon Grannum during the U Sports men's national championship game in Halifax on Sunday. DARREN CALABRESE/THE CANADIAN PRESS

U SPORTS BASKETBALL

Ravens remain gold-standard in Canada

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points, and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other school in history.

Carleton's coach of the year Dave Smart said his team's post play was the difference.

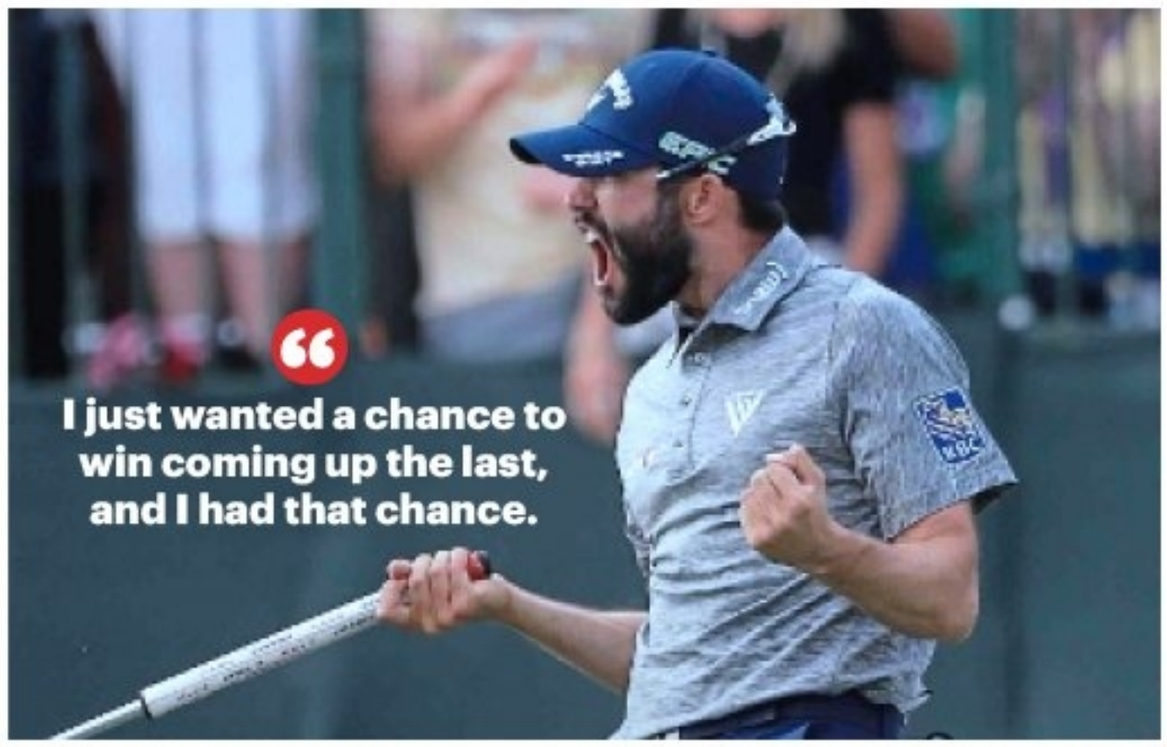
"We got what we wanted down low, and then we got a couple open threes when they started digging," Smart said. "The fact that we had never really gone through the post all year, I don't think (Ryerson) really had a plan once we started scoring down there."

THE CANADIAN PRESS

Hadwin seals the deal for first victory

PGA TOUR

B.C. golfer says 'I do' to Masters over honeymoon



Adam Hadwin's victory at the Valspar Championship moved him to No. 51 in the world rankings. SAM GREENWOOD/GETTY IMAGES

Canada's Adam Hadwin is skipping his first World Golf Championship and asking for a refund for his honeymoon to Tahiti.

He couldn't be happier.

Seven weeks after he shot a 59, and two weeks before his wedding, Hadwin added another eventful chapter to his amazing year.

He threw away a two-shot lead with three holes to play by hitting a tee shot into the water, kept his wits and then closed with two strong pars for an even-par 71 to win the Valspar Championship in Palm Harbor, Fla., by one shot over Patrick Cantlay for his first PGA Tour title Sunday.

"You're never quite sure when you're going to get the job done," Hadwin said. "I just went there today and stuck to what I do best, just hit some quality golf shots and really made the game super easy outside of hole No. 16. I feel a little fortunate after that hole to be sitting here, but I'll certainly take it, and I can't wait for everything that comes with this win."

The victory moves him to No. 51 in the world and makes him eligible for the Dell Match Play — except that he's getting married that week.

It also sends the 29-year-old Abbotsford, B.C., product to the Masters, meaning he will have to postpone that honeymoon to French Polynesia. Instead, he'll be preparing for Augusta National.

Hadwin entered the final round with a four-shot lead, but even after holing big birdie putts — a 25-footer on the par-5 11th and then a 55-footer on the par-3 13th — it all changed on the 16th. His 3-wood peeled off to the right and never had a chance, and Hadwin walked off the hole with a double bogey and a tie for the lead

From the 18th fairway, Cantlay blinked first.

The former No. 1 amateur in the world, playing for only the second time after missing two years with a back injury, leaked his approach into a bunker. Hadwin's approach went just over the back against the collar of the fringe, leaving him a belly wedge down the grain that came off perfectly and settled two feet below the cup.

Cantlay's bunker shot was well short, and he missed the 15-foot par putt to force a playoff.

The consolation prize for Cantlay was a runner-up finish that paid $680,400, more than enough for him to secure full status for the rest of the year.

"It doesn't really feel like much consolation at the moment," Cantlay said. "I didn't finish the deal."

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LA LIGA

Barça's week ends in disappointment

Barcelona lost 2-1 at relegation-threatened Deportivo La Coruna on Sunday in its first match after its amazing win over Paris Saint-Germain in the Champions League.

Barcelona's defeat allowed Real Madrid to retake the Spanish league lead with a come-from-behind 2-1 win over Real Betis, despite an own-goal by goalkeeper Keylor Navas.

Cristiano Ronaldo equalized before halftime and Sergio Ramos netted an 81st-minute winner for Madrid at the Santiago Bernabeu Stadium after Navas had pushed the ball into his own net while trying to regain control following a close-range shot.

Navas made amends with an incredible save two minutes into second-half injury time to secure Madrid the victory and a two-point lead over Barcelona, whose 19-game unbeaten streak in the league ended in La Coruna.

Lionel Messi GETTY IMAGES

Without some of the starters from the 6-1 victory over PSG in the Round of 16 on Wednesday, which reversed a 4-0 first-leg loss, Barcelona lacked the same intensity that it had at the Camp Nou.

Barcelona coach Luis Enrique didn't start Rafinha, Samuel Umtiti and Neymar, who was decisive on Wednesday with two goals and two assists. Andres Iniesta and Ivan Rakitic only entered Sunday's match in the second half. THE ASSOCIATED PRESS

IN BRIEF

Spurs into FA Cup semifinals
Son Heung-min grabbed a hat trick filling in for the injured Harry Kane, powering Tottenham into the FA Cup semifinals with a 6-0 rout of Millwall on Sunday.
THE ASSOCIATED PRESS

Atlanta rolls in matchup of MLS expansion clubs
Josef Martinez had three goals, Miguel Almiron scored twice and Atlanta United spoiled fellow expansion club Minnesota United's snowy home opener with a 6-1 victory Sunday.
THE ASSOCIATED PRESS

Truex Jr. wins in Las Vegas
Martin Truex Jr. passed Brad Keselowski with two laps to go and avoided a last-lap wreck that led to a pit-road brawl and left Kyle Busch bloodied in a wild finish to the NASCAR Cup race Sunday. THE ASSOCIATED PRESS

Defending champs enter March Madness as No. 1
Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending U.S. national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Duke — left at No. 2 despite a four-win-in-four-night performance in the Atlantic Coast Conference tournament — and Syracuse and Illinois State, who got left out altogether, may have been searching for answers.
THE ASSOCIATED PRESS

Nadal cruises to win in Cali
Rafael Nadal began his bid at the BNP Paribas Open with a 6-3, 6-2 win over Guido Pella on Sunday in Indian Wells. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Funky Monkey Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Not just a drink, a smoothie can deliver vitamins and minerals your diet needs, especially if you had good-for-you-additions like omega-3-rich flax and protein-infused Greek yogurt.

Ready in 5 minutes
Prep time: 5 minutes
Serves 2

Ingredients
- 2 frozen bananas, peeled and chopped
- 2 cups milk or soy milk
- 2 Tbsp natural almond or peanut butter
- 1 Tbsp maple syrup
- 1 Tbsp flax meal
- ½ cup Greek yogurt

Directions
Toss it all in your blender. Give it a whiz and you're done

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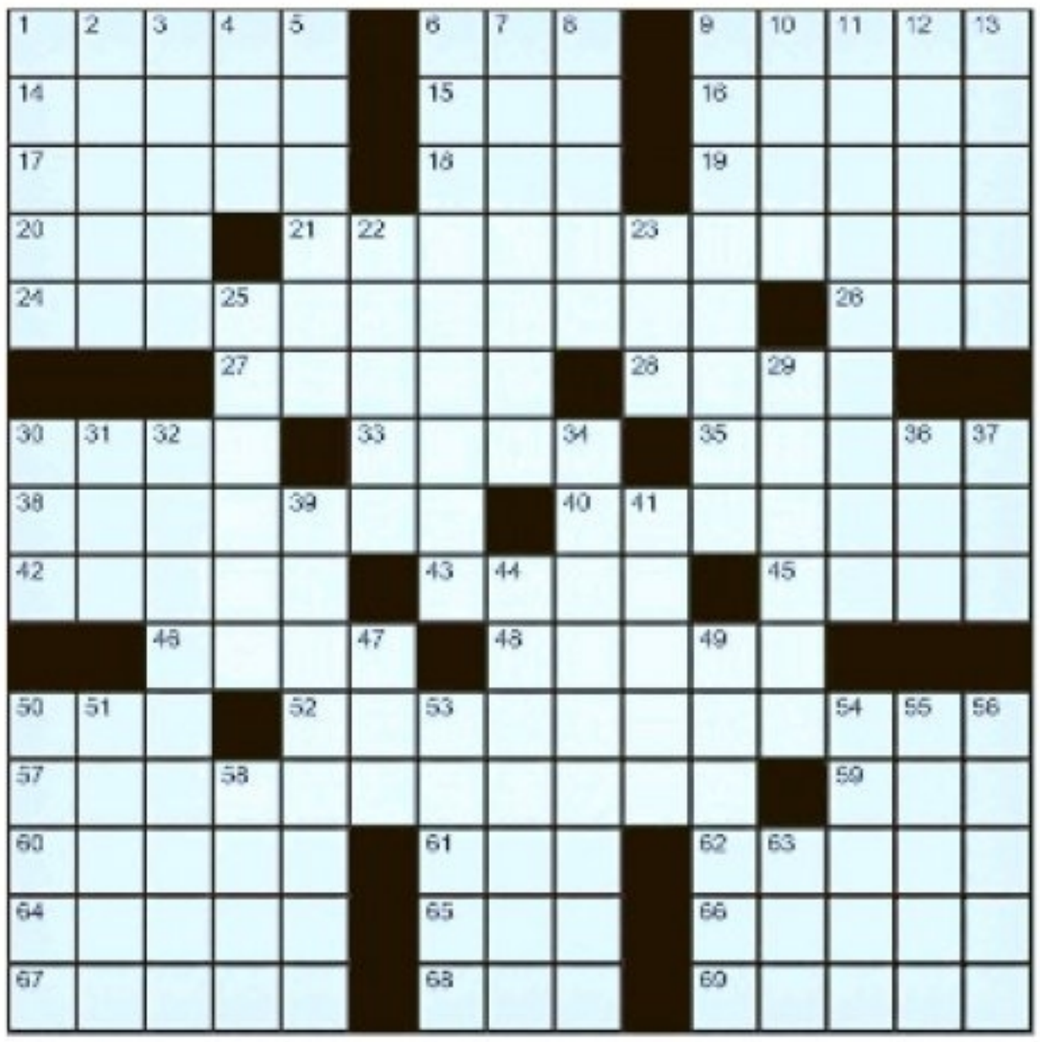
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Adrenal, for one
6. Food additive
9. Internet letter
14. Sizable
15. __ disadvantage
16. __ good example
17. Harry Potter: Owl for The Weasley Family
18. Dernier __ (Latest fashion)
19. Engage the object, cat-style: 2 wds.
20. 'Tiny' thoroughfare
21. New Brunswick village sharing the name of its river
24. Marriage arrangers
26. Our national thoroughfare [acronym]
27. Kitchen gadget
28. Daintily drinks
30. 'Within'-meaning prefix
33. Itemize
35. "Lovergirl" by __ Marie
38. Kennedy Compound location in Massachusetts, __ Port
40. Carroll of "All in the Family"
42. Whale type
43. Bloody prefix
45. Gladiator's 402
46. "Just the facts, __."
48. Hawaiian-style veranda
50. Pro bono TV spot [acronym]
52. Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.
57. Prepared for the seance: 2 wds.
59. Faux __
60. American author, Horatio __ Jr. (b.1832 - d.1899)
61. Plastic __ Band
62. Conjure up
64. Vampire's 'vish', "__ to suck your blood!"
65. Actor Mr. Avery
66. Michelin products
67. So much, in music
68. Alphabetical, e.g.
69. Pre-plant packet's particles

DOWN
1. Shine
2. Metamorphosis-izer
3. Chicoutimi stop sign word
4. Stop-_-__
5. 'Oracle' city in Greece
6. Governor of the expanse at #52-Across before it was transferred to Canada for $1.5 million, William __ (b.1815 - d.1870)
7. Lightning landings
8. Offenbach ballet, __ Parisienne
9. Hockey brothers Phil or Tony
10. Honey drink
11. Clueless/frazzled: 3 wds.
12. Violinist Mr. Stern
13. Gate fastener
22. Singer Ms. Sande
23. Debit opps.
25. Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
29. __ sharpener
30. Erica __ (MuchMusic's first female VJ)
31. Blue/orange jerseys NHL team [acronym]
32. "Rows of Houses" Canadian singer/songwriter: 2 wds.
34. Comedian/actor in "True Lies" (1994): 2 wds.
36. "__, __ insist!"
37. "Entourage" superagent
39. Having a more close location: 2 wds.
41. There's more following abbr.
44. Tap dancer/actress Ms. Powell
47. Rubber boots coating
49. Strong points
50. SVP's 'P'
51. Region's forest trees
53. Snapshot, shortly
54. Previously, once
55. Microwaved
56. Adorn
58. __ State (University in CSNY's "Ohio")
63. Compete

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

Pisces
Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8	7			1			
1						9		
4			6		3		7	
		9		3		6		2
8		3		1		5		
	9		4		5			1
		2						4
			1			8	2	

Difficulty Level ★★★★

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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8	6	2	3	7	9	5	1	4
5	3	7	6	1	4	8	9	2
4	1	9	8	2	5	7	3	6
1	7	5	9	3	6	2	4	8
3	8	6	7	4	2	1	5	9
2	9	4	5	8	1	6	7	3
7	2	1	4	9	8	3	6	5
9	5	3	2	6	7	4	8	1
6	4	8	1	5	3	9	2	7

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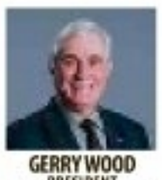

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